

# Spicy Baked Fish II

Makes: 4 servings

## Ingredients

**1 pound** cod fillets, fresh or frozen, skinless and thawed  
(or other white fleshed fish)

**1/4 cup** onion (chopped)

**1/4 cup** green bell pepper (chopped)

**1/2 can** tomatoes, diced (about 8 ounces)

**1/4 teaspoon** oregano

## Directions

1. Preheat oven to 350 degrees. Oil or spray a baking dish with vegetable spray.
2. Cut fish into four pieces and place in baking dish.
3. Top fish with onions, green peppers, tomatoes and seasoning. Bake about 20 minutes or until fish flakes.

**Source:** Montana State University Extension Service, Montana Extension Recipes

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>110</b>
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	50 mg
Sodium	190 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>21 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	